IN THE CLAIMS:

Claims 1-6 (Cancelled).

7. (New) Breathing equipment which comprises (i) a mouthpiece through which a user can breath in and out, (ii) a chamber containing a carbon dioxide absorber; the inlet of the chamber being connected to the mouthpiece and the outlet of the chamber being connected to a conduit which is open to the atmosphere and in which, in use, the air in said conduit comprises a mixture of air which has been breathed out by the user and air from the atmosphere, which mixture is breathed in by the user through the chamber.

8. (New) Breathing equipment according to claim 7 in which the carbon dioxide absorber comprises caustic soda pellets or soda lime modified so that the absorber changes colour as it absorbs carbon dioxide.

9. (New) Breathing equipment according to claim 7 in which there are attachment means to attach the mouthpiece to the face of a user.

10. (New) Breathing equipment according to claim 9 in which the attachment means are straps, an elasticated band or the like.

11. (New) Breathing equipment according to claim 7 in which the conduit comprises a tube of diameter of 1.5 cm to 4 cm and a length of 50cm to 1.5 metres.

12. (New) Breathing equipment according to claim 7 in which there is a release mechanism which, when actuated, enables air to enter

directly into mouthpiece without passing through the carbon dioxide absorber.

13. (New) Breathing equipment according to claim 11 in which there is a release mechanism which, when actuated, enables air to enter directly into mouthpiece without passing through the carbon dioxide absorber.

14. (New) A breathing equipment for progressive breath training which comprises (i) a mouthpiece through which a user can breath in and out, (ii) a chamber containing a carbon dioxide absorber; the inlet of the chamber being connected to the mouthpiece and the outlet of the chamber being connected to a conduit which is open to the atmosphere and in which, in use, the air in said conduit comprises a mixture of air which has been breathed out by the user and air from the atmosphere, which mixture is breathed in by the user through the chamber and in which, by increasing the length of the conduit, the proportion of oxygen in the air breathed in is decreased.

15. (New) Breathing equipment according to claim 13 in which the tube has a diameter of 1.5 cm to 4 cm and a length of 50cm to 1.5 metres.

16. (New) A method for breath training in which air breathed out by the user passes through a carbon dioxide absorber in a chamber where excess carbon dioxide is absorbed, and then into a conduit open to the atmosphere, in which conduit the air breathed out is mixed with air from the atmosphere, this air mixture is then breathed in through the carbon dioxide absorber and, by varying the length of the conduit, the oxygen content of the air breathed in is varied.

17. (New) A method as claimed in claim 16 in which the length of the conduit and the content of the carbon dioxide absorber in the chamber are adjusted so that the air breathed in consists of air with an oxygen and carbon dioxide content similar to that found at a high altitude.

18. (New) A method according to claim 16 in which the conduit comprises a tube of diameter of 1.5 cm to 4 cm and a length of 50cm to 1.5 metres.

19. (New) A method according to claim 17 in which the conduit comprises a tube of diameter of 1.5 cm to 4 cm and a length of 50cm to 1.5 metres.